

# Mood change may help with procrastination

By Sue Shellenbarger, Wall Street Journal

Procrastinators, take note: If you've tried building self-discipline and you're still putting things off, maybe you need to try something different. One new approach: Check your mood.

Often, procrastinators attempt to avoid the anxiety or worry aroused by a tough task with activities aimed at repairing their mood, such as checking Facebook or taking a nap. But the pattern, which researchers call "giving in to feel good," makes procrastinators feel worse later, when they face the consequences of missing a deadline or making a hasty, last-minute effort, says Timothy Pynchyl (rhymes with Mitchell), an associate professor of psychology at Carleton University in Ottawa, Canada, and a researcher on the topic.

Increasingly, psychologists and time-management consultants are focusing on a new strategy: helping procrastinators see how attempts at mood repair are sabotaging their efforts and learn to regulate their emotions in more productive ways.

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